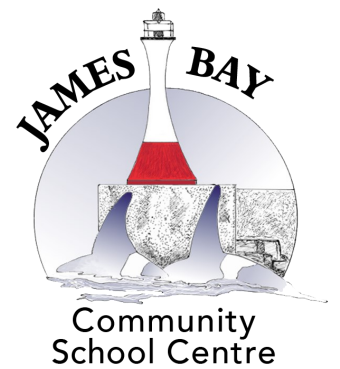


# James Bay Community School Centre

JANURARY - MARCH 2024

140 OSWEGO STREET  
250-389-1470

WWW.JAMESBAYCENTRE.CA



## WINTER PROGRAM & ACTIVITY GUIDE

### UPCOMING EVENTS

#### Community Winter Celebration

Wednesday, December 13th 5:30-7:30pm

\$8 per family.

Come join us for a family-friendly community event with kid friendly crafts, hot cocoa & cookies, live music, and door prizes!

Tickets on sale from the Centre Desk on Monday, November 20th.

#### Window Wanderland

Friday, Saturday, Sunday

February 9-11 6-9pm

Our 6th Annual James Bay Window Wanderland is coming up again this February. Over three evenings our James Bay neighbourhood will be transformed into an outdoor illuminated gallery! Join in by decorating the windows of your apartment, house or business this year!



To find out more and to register your window visit [www.windowwanderland.com/event/james-bay-2024/](http://www.windowwanderland.com/event/james-bay-2024/)

#### Warming stations

Visit one of our warming stations to enjoy a warm beverage, pick up a map and make a washroom break during your wander.

Open from 6-9pm on Feb 9, 10, 11. Located at:

- New Horizons (234 Menzies St)
- Carr House (207 Government St)
- James Bay Community Centre (140 Oswego St)



#### Info Session and Working Workshops

Need some inspiration or ideas? First time participating? Attend the info session to learn some techniques for creating your windows and take part in a Working Workshop to work on your window display with others and make use of our tools.

#### Info Session & Working Workshop

New Horizons (234 Menzies St)

January 20 from 11am-1pm

#### Working Workshops

New Horizons (234 Menzies St)

January 27 & February 3 from 11am-1pm



### WHAT IS A COMMUNITY SCHOOL CENTRE?

The James Bay Community School Centre (JBCSC) is a non-profit organization, incorporated in 1977. The Centre's primary focus is to enhance the community of James Bay by providing a welcoming environment of quality, viable programs and services that recognize the diverse characteristics of our individuals and families.

The facility at 140 Oswego Street is shared by the Elementary School and the Community Centre. This unique relationship is made possible thanks to a partnership between the Greater Victoria School District, the City of Victoria and the James Bay Community School Society. The operation of the JBCSC is overseen by the James Bay Community School Society, an organization made up of active community volunteers.

### REGISTRATION INFORMATION

#### How to register for a class:



##### Register & pay online!

Visit [jamesbaycentre.ca](http://jamesbaycentre.ca) and click on the button for Leisure and Recreation Programs where you will find a link to Register Online!



##### Call us!

Call 250-389-1470 to talk to a real person, register, and pay over the phone! This is a great way to have any questions you may have answered! Check out our hours online to find out when someone will be at the front desk! We accept VISA and Mastercard payments over the phone or Life Credits.



##### Visit the Centre!

Swing by in person to say hello and register in person! We accept cash, credit, debit, cheque, and life credits. We are connected to the elementary school at 140 Oswego St. Look for the Centre entrance!

### Registration Policies

- ◇ Please note our new policy as of December 11, 2023: There is now a non-refundable administrative fee of \$2 added to all program registrations whether they are done online, over the phone or in person. This is to help cover the transaction fees charged to the JBCSC by our registration software provider.
- ◇ We plan our programs far in advance and changes may occur (date, time, or location change). Registered participants are informed of changes as soon as possible.
- ◇ Registration is on a first come, first served basis and payment is required at time of registration.
- ◇ All programs for ages 16+ are charged 5% GST on top of listed price.
- ◇ We require a minimum number of participants to run programs. We will call registrants two days prior to class start and offer full refund or an account credit if the program is not running due to low enrollment.
- ◇ If you choose to withdraw from a class, a full refund, minus the \$2 processing fee, will only be issued if the withdrawal is made three business days before the program start date.
- ◇ If after the first class you decide a program is not right for you, we are happy to issue a pro-rated refund, minus the \$2 processing fee. This request must be made at least one day prior to the second class.
- ◇ Registrants eligible for L.I.F.E. subsidy will be authorized through Crystal Pool prior to registration.
- ◇ Drop-in option: You can drop-in to any of our Yoga & Fitness classes for \$14! When you come for a class, stop by the Centre desk to sign-in and pay!
- ◇ **Please note:** Drop-in is a great option when you know you won't be able to make every class, but full registration helps a class meet its minimum enrollment which is required in order for the class to run and not be cancelled.

# ADULT PROGRAMS

## Yoga & Taiji

You can drop-in to all Yoga and Taiji classes for \$14.  
Please call ahead to ensure the class is running.  
Equipment provided.

### Gentle Hatha Yoga

This class focuses on slow gentle movement which is supported with the awareness of breath in order to cultivate harmony and balance of body and mind. A great program for those new to yoga, or for those with experience who are seeking a slower pace, or are 50 plus. CYA-E-RYT 550hr  
*Instructor: Donna Williams*  
**4471** Mon Jan-8 - Mar-11 10:15-11:30am 9/\$108  
No class Feb 19

### NEW! Morning Yoga

Explore yoga as a fluid, breath guided movement practice, and as an opportunity to go deeper into yourself with supportive, restorative holds. All levels welcome. No experience required.  
Jaela E-RYT 500 Yoga Alliance  
*Instructor: Jaela Shockey*  
**4477** Wed Jan-17 - Feb-28 10:00-11:00am 7/\$84

### Uplift & Unwind Yoga

Monday night yoga is your time for you. Take the opportunity to explore yoga as a fluid, breath guided practice. This class will include gentle intuitive flow paired with long, deep restorative holds. All levels. Jaela E-RYT 500 Yoga Alliance  
*Instructor: Jaela Shockey*  
**4476** Mon Jan-15 - Feb-26 6:45-7:45pm 6/\$72  
No class Feb 19

### Yoga Flow & Restore

Join us for a gentle flow to restore, turn inward and release. Expect fluid, intuitive movement paired with opportunity for long, deep restorative holds. All levels welcome. Jaela E-RYT 500 Yoga Alliance  
*Instructor: Jaela Shockey*  
**4475** Thurs Jan-11 - Feb-29 8:00-9:00pm 8/\$96

### Chen Taijiquan for beginners (16+)

Learn a centuries-old martial art and improve your strength, balance, flexibility, and calm. This class uses Chen Zhenglei’s 18 step essentials form to introduce Chen style Taiji, along with stretching, breath work and posture exercises. No prior experience needed, everyone can benefit from this practice. Beginners welcome to join any time.  
*Instructor: Eldan Goldenberg*  
**4472** Tues Jan-9 - Feb-20 10:30-11:30am 7/\$70  
**4473** Tues Mar-5 - Apr-2 10:30-11:30am 5/\$50

## Fitness

You can drop-in to all fitness classes for \$14.  
Please call ahead to ensure the class is running

### Morning Zumba with Annie

Zumba Fitness is a medium-to-high intensity dance fitness exercise program that lets you dance to beautiful music from around the world while getting a great workout in. This class is so much fun and energetic! Zumba Fitness is an interval workout between high-and-low intensity that targets core, arms, back, legs and glutes. You don’t particularly need any dance background: please join us, and let’s have some fun together! **NEW TUESDAY CLASS ADDED!**  
*Instructor: Annie Kung*  
**4448** Thurs Jan-11 - Mar-14 9:00-10:00am 10/\$100  
**4449** Tues Jan-9 - Mar-12 9:00-10:00am 10/\$100

### Evening Zumba with Jason

Great for everybody! Each Zumba class is designed to bring people together to sweat it out. We take the “work” out of workout by mixing low intensity and high intensity moves for an interval style, calorie burning dance fitness party! Once the Latin rhythms take you over you’ll see why Zumba fitness classes are often called fitness in disguise.  
*Instructor: Jason Gilbert*  
**4478** Mon Jan-8 - Jan-29 5:30-6:30pm 4/\$40  
**4479** Mon Feb-5 - Mar-11 5:30-6:30pm 5/\$50  
No class Feb 19

## INTERESTED IN TEACHING A CLASS?

We are always looking to expand the types of classes we offer here at the Centre! In particular we are hoping to expand our selection of fitness classes. If you are interested in teaching a class of any kind, please email our Recreation Program Coordinator at [programs@jamesbaycentre.ca](mailto:programs@jamesbaycentre.ca). You can also submit a program proposal directly through our website.

### Osteofit

Would you like to increase your strength and agility, regain or maintain independence, and improve your overall quality of life? Osteofit is a fitness program designed by clinicians at the BC Women’s Hospital just for you! It addresses balance and coordination, strength, fall prevention, and is safe for participants with osteopenia and osteoporosis. Physicians/ specialists can refer their patients to Osteofit, however, it is not mandatory in order to attend. This class is for men and women. Please bring some water, and a mat if you prefer your own.  
*Instructor: Deborah Ward-BCRPA Certified Osteofit instructor and Personal Trainer.*  
**4470** Thurs Jan-11 - Feb-8 10:15-11:15am 5/\$55  
**4521** Thurs Feb 15 - Mar 14 10:15-11:15am 5/\$55

## Dance

### Beginner Cha Cha and Rumba

**Ages: 16+**  
Learn the basics of the very fun Cha Cha and extremely romantic Rumba in this 4 week Latin dance series. John has enjoyed teaching dance in Victoria for nearly 40 years and his classes were voted Best in the City by Victoria News readers all five years that the award was offered.  
*Instructor: John de Pfyffer*  
**4438** Fri Jan-19 - Feb-9 5:00-6:00pm 4/\$50

### Beginner Waltz and Foxtrot

Learn the basics of two slow and romantic ballroom dances - Waltz and Foxtrot - in this 4 week series. John has enjoyed teaching dance in Victoria for nearly 40 years and his classes were voted Best in the City by Victoria News readers all five years that the award was offered.  
*Instructor: John de Pfyffer*  
**4440** Fri Jan-19 - Feb-9 6:00-7:00pm 4/\$50

### Level 2 Rumba and Cha Cha

Improve your basics and add a few new Rumba and Cha Cha moves to your repertoire. Feel more comfortable and confident on the social dance floor.  
*Instructor: John de Pfyffer*  
**4439** Fri Feb-23 - Mar-15 5:00-6:00pm 4/\$50

### Level 2 Waltz and Foxtrot

Improve the basics and learn to float around the dance floor in this fun 4 week series.  
*Instructor: John de Pfyffer*  
**4441** Fri Feb-23 - Mar-15 6:00-7:00pm 4/\$50

## Music

### Beginner Guitar - Fundamentals of Playing and Reading Music on Guitar (16+)

Ready to dust off that guitar in your closet and get pickin’? This 8 lesson course will cover how to correctly hold, tune, and play your guitar with comfort. You will also learn to play single note lines, strum chords, and play songs written in standard notation, tablature, and chord sheets. Whether this is your first time playing or you are an intermediate guitarist looking to brush up on fundamentals, this course is for you! Students must bring their own guitar.  
*Instructor: Jerry Lemon* **NOTE DAY CHANGE—WAS TUES, NOW MON**  
**4480** Mon Jan-15 - Mar-11 6:00-6:45pm 8/\$85 (No class Feb 19)

### Adult Ukulele (18+)

Appreciate the language of music on four strings. Learn chords, rhythms and melodies (and sing-a-long!) with community music instructor (and island ukulele festival host!) Nick Stecz. Must bring your own ukulele.  
*Instructor: Nick Stecz*  
**4485** Wed Jan-17 - Mar-13 1:30-2:30pm 9/\$120

## Languages

### Spanish for Beginners

Learn basic vocabulary, grammar and pronunciation, as well as idioms and expressions with a native Spanish speaker. We will also cover culture and traditions in a fun, relaxed atmosphere.  
*Instructor: Pilar Rodriguez*  
**4490** Tues Jan-16 - Mar-5 7:00-8:15pm 8/\$128

### Spanish Continuing

Instruction will be provided by a native Spanish speaker, and focus on expanding your vocabulary, improving grammar, pronunciation, reading and writing skills. We will also cover culture and traditions in a fun, relaxed atmosphere.  
*Instructor: Pilar Rodriguez*  
**4489** Mon Jan-15 - Mar-4 7:00-8:15pm 7/\$112  
No class Feb 19

### English Corner - Conversation Drop-in (18+)

Join us in a fun and informal English conversation group for adults. Each week in English Corner a small group meets to discuss a meaningful topic with the help of a trained volunteer. Newcomers can practice speaking English and make new friends along with deciding on the group's own activities e.g. social gatherings and community projects. More info: EnglishCorner.ca  
*Instructor: Carol Smith*  
**4450** Tues Jan-9 - Mar-26 11:00am-12:30pm Free

## WEEKLY DROP-INS

No need to pre-register for these programs!  
A fun recreational opportunity for adults 16+ years.  
All equipment is provided, but players are encouraged to bring their own.



Please note: if no one attends the program within the first 30 mins, we will shut it down for the day.  
**Save \$5 and buy a Drop-in Punch Card at the Centre Desk for \$35!**

### Indoor Basketball - Unsupervised (16+)

School gym is open for a friendly game of basketball. Equipment provided. Call the Centre after 1:00pm the day of the activity to pre-book your spot (credit card payment required) or drop-in to see if there’s still space and come to the Front Desk to pay and sign-in! 20 max.  
Tues & Thurs Jan-9 - Mar-14 7:00-9:00pm \$4

### Indoor Soccer - Unsupervised (16+)

School gym is open for a friendly game of indoor soccer (futsal ball). Equipment provided. Call the Centre after 1:00pm the day of the activity to pre-book your spot (credit card payment required) or drop-in to see if there’s still space and come to the Front Desk to pay and sign-in! 15 max.  
Mon Jan-8 - Mar-11 7:00-9:00pm \$4  
No class Feb 19

### Pickleball - Unsupervised (16+)

Great learning environment if you are new to the sport! Players set up the net and equipment. 1 Court, Max 4 players on court, turns taken. Check in at the lobby.  
Tues & Thurs Jan-9 - Mar-24 11:30am-2:30pm \$4

### Table Tennis - Unsupervised (16+)

We set up 3 tables, Max 4 players per table, turns taken. Friendly environment to learn! Check in at the lobby.  
Mon & Fri Jan-8 - Mar-25 12:00pm-2:00pm \$4  
No program on Feb 18 and Jan 26

### Walking Group - Participant Facilitated

Meet at the Centre to enjoy a walk around the neighbourhood with others, followed by coffee time at one of the local cafés.  
Check in at the lobby.  
Wed Jan-3 - Mar-27 9:30am **FREE!**

## Creative Arts

### Beginner Acrylic Painting

If you have been interested in trying acrylics this class is for you! This beginner painting course introduces various techniques using acrylic paints. You will learn to mix and blend colours and explore the versatility of these quick drying paints. Create and have fun! Material fee of \$25 due to the instructor at the first class.  
*Instructor: Teresa Wacławik*  
**4491** Mon Jan-8 - Feb-12 10:00-11:30am 6/\$75+\$25 materials  
**4492** Tues Jan-9 - Feb-13 7:00-8:30pm 6/\$75+\$25 materials

## HELPING YOUR COMMUNITY

Here at the James Bay Community School Centre, we are very grateful for the gift of time that volunteers share with us. Volunteering allows you to connect to your community and make it a better place. As a not-for-profit organization, volunteers add skills and vitality to our Centre and become an integral part of our team. We are lucky to have an amazing group of volunteers.

### Volunteer Opportunities:

**Meal Program Volunteers** help with setting up dining room, doing dishes, delivering meals, serving, etc.  
**Events Volunteers** help with decorating, leading games and activities, preparing and serving food  
**Board of Directors Volunteers** are experienced community members who help guide our not-for-profit values and directives.

If you are interested in learning more about Volunteer Opportunities please contact our Volunteer Coordinator by phone: 250-389-1470 or email: [volunteer@jamesbaycentre.ca](mailto:volunteer@jamesbaycentre.ca)



# ADULT PROGRAMS

## Wellness, Nutrition & Relationships

### Practical Aspects of Holistic Nutrition

Practical aspects of Holistic Nutrition to develop and maintain Healthy Gut (March 3) and nutrition and supplements for optimal brain function, memory and graceful aging (March 10). *Instructor: Dr. Christina Benishin, PhD, MBA, CAIN Registered Holistic Nutrition Practitioner*  
**4508** Sun Mar-3 - Mar-10 10:00am-12:00pm 2/\$50

### Finding Your Way in Life and Marriage – Classes for Couples (18+)

Come and get ready for your adult life and upcoming significant relationships! Four exciting classes will educate you as to the rules how to make a romantic relationship bonded and lasting. These classes give you practical tips how to enrich your dating and make your relationships meaningful. What is “better”: to date online or through a conventional method? By explaining pillars of sound relationships and marriage (like honesty, respect, trust, commitment, communication, chemistry, collaboration, pursuit of common goals), a development of a relationship is presented. Instructor, with his wealth of experience and knowledge, will review ways of building a sound relationship and how to avoid its disintegration. What to do if a couple suffers from a mismatch of personalities and values? How to avoid a heartbreak or to keep boundaries? How to, if necessary, say “Goodbye” for good and stick to it? What to do to survive a heartbreak and preserve your own self-respect? All of this will be explained and presented with humour and zest. If you are afraid that your life might become boring, you will learn how to make your own life more interesting by spicing it with passion and purpose. Join me for these classes as a single or bring your significant other (current or in the making!  
*Instructor: with Paul Zakrzewski, MD, PhD, NBC-HWC, CDC Certified Divorce Coach®*  
**4509** Sun Jan-14 - Feb 4 10:00am-12:00pm 4/\$80 (Couple), 4/\$50 (Single)

### Self Care for Your Body, Mind and Soul (18+)

SELF-CARE, a famous concept of caring well for yourself, is presented by a retired physician with 10 years experience in skin care and rejuvenation treatments, now a National Board-Certified Health and Wellness Coach. Holistic approach for Self-Care encompassing Body, Mind and Soul is presented along with benefits for youthful appearance, increased vitality and zest and delayed aging. Consumer trends for anti-aging industry are explained and compared with natural graceful aging. Several innovative approaches to enhance self-care for our mind and soul are presented. Daily routines for holistic self-care for body, mind and soul are discussed with their benefits. Use of daily exercise, stress-reducing practices (like mindfulness, yoga, meditation), healthy nutrition and supplements are explained. Benefits of proper self-care for enhancing life to the level of thriving in life, experiencing happiness and wellbeing are explained in detail. Come and join me to learn more how to make a change in your life and start to thrive.  
*Instructor: with Paul Zakrzewski, MD, PhD, NBC-HWC, CDC Certified Divorce Coach®*  
**4510** Sun Feb-11 - Feb-25 10:00am-12:00pm 3/\$60

## Cooking

### NEW! Handmade Pasta - Level 1 (16+)

Is there anything better than a big bowl of pasta on a winter’s day? Learn how to make both water and egg-based doughs, experiment with shapes from all the different regions of Italy and learn the tricks and tips to bring this process home. The lesson will focus on handmade shapes, no specific tools or machines needed. Each class we will cook some of our finished shapes and enjoy with a couple of basic sauces as well as pack some pasta up to cook at home. Geared towards beginners but are all welcome.  
*Instructor: Toby Stubbs*  
**4504** Thurs Jan-18 - 5:30-7:30pm 1/\$50  
**4505** Thurs Jan-25 - 5:30-7:30pm 1/\$50

### NEW! Handmade Pasta - Level 1+2+3 (16+)

Looking to immerse yourself in pasta and develop your kitchen skills? This three-class series for absolute beginners will get you there. Starting with the basics and handmade shapes, we will move into advanced topics like stuffed pastas, gnocchi, and more complex doughs from all over Italy. Each class will build on the last and look to grow your skills with repetition and confidence building challenges that you will be able to take home and do in your own kitchen. Each class we will cook some of our finished shapes and enjoy with a couple of basic sauces as well as pack some pasta up to cook at home. No experience necessary.  
*Instructor: Toby Stubbs*  
**4506** Thurs Feb-8 - Feb-22 5:30-7:30pm 3/\$120

## Technology

All technology courses are taught by David Basset of CompuDave Services—40 years experience. Mac and Windows users welcome. Windows computer supplied for course. Please bring applicable Mac’s, iPads, iPhones, iPods, and Android. Every class is for technology users of ALL LEVELS!

### Android (Samsung, LG, etc.)

Intro to your Android tablet (e.g. Samsung) or Android smart phone (e.g. Samsung. LG) are discussed.  
**4452** Thurs Feb-29 - 6:00-7:30pm 1/\$44

### Social Media & File Sharing

Facebook, Twitter, Instagram, iCloud/Cloud, Dropbox, etc.  
**4468** Thurs Feb-29 7:30-9:00pm 1/\$44

### iPad/iPhone/Android for Travelers

Discover great travelling, translating, touring, GPS, mapping apps for the iPad/iPhone/Android  
Interested in house-swapping, bed and breakfasts, maps, sites, rental cars, restaurants, youth hostels, cruises and tours?  
**4460** Thurs Mar-7 6:00-7:30pm 1/\$44

### iPad/iPhone Photos, Music and Podcasts

Learn how to take and organize photos and how to transfer them to and from iPad/iPhone. Learn about practical photo apps and how to transfer songs to your iPad/iPhone from Internet or CD, sync with your Mac or PC, playback options.  
**4459** Thurs Mar-7 7:30-9:00pm 1/\$44

### Intro to iPad

Demonstrate; transferring songs to your iPad from Internet or CD, sync with your Mac or PC, playback options, basic operation.  
**4455** Tues Jan-16 6:00-7:30pm 1/\$44

### Intro to iPhone

Learn how to transfer address books, calendars, photos, and music (iTunes) and how to do texting, browsing the Internet, emailing, installing apps, and changing the setup.  
**4456** Tues Jan-16 7:30-9:00pm 1/\$44

### Photos for Windows

Learn how to find, manipulate, email, archive (Store), share, print and organize photos on Windows.  
**4467** Tues Jan-23 7:30-9:00pm 1/\$44

### Windows File Management

Organize your files and folders. Learn backups and how to create shortcuts, rename and delete files, and what different file types there are.  
**4469** Tues Jan-23 6:00-7:30pm 1/\$44

### Intro to Mac

An introduction to a safe and easy-to-use computer technology with the features. Learn email, internet access, CD burning, photo and music, etc.  
**4457** Tues Jan-30 6:00-9:00pm 1/\$88

### MS Excel (PC & Mac)

This standard spreadsheet will help get yourself back into the workforce, keeping track of your own investments and business bookkeeping.  
**4463** Tues Feb-6 - Feb-13 6:00-9:00pm 2/\$176

### Apple TV/Netflix

Connecting your iPad/iPhone/Mac/PC to your TV wirelessly. Netflix, Airplay and other featured explained. Setup requirements  
**4453** Tues Feb-20 7:30-9:00pm 1/\$44

### iTunes/Apples Music

Learn how to organize/add music, create playlists, listen to radio.  
**4461** Tues Feb-20 6:00-7:30pm 1/\$44

### Mac File Management

Organize your files and folders. Learn backups and how to create shortcuts or aliases, rename and delete files, and what different file types there are.  
**4462** Tues Feb-27 6:00-7:30pm 1/\$44

### Photos for Mac

Learn how to scan, organize, edit, email with different sizes, create cards, slideshows, books, calendars  
**4466** Tues Feb-27 7:30-9:00pm 1/\$44

### iCloud for Mac/Windows/iPad/iPhone

iCloud helps you access your files across iPhone, iPad, iPod, Mac and the web. Learn great ways to share files with friends and family, and get peace of mind with backups and automatic syncing. Covers iCloud Photo Sharing, My Photo Stream, iTunes Match  
**4454** Tues Mar-5 6:00-7:30pm 1/\$44

### Intro to Siri

Learn how to use voice for your Mac, your iPhone, your iPad, your Apple Air Pods, your Apple TV, your Home Pod, your CarPlay, etc. Learn dictation rules, how to email, message (text), play music, make a phone call, launch apps, navigate with Maps (GPS), make appointments on Calendar, translate to different languages, find gas stations, places to eat...all with voice. Great for mobile, and visually challenged people.  
**4458** Tues Mar-5 7:30-9:00pm 1/\$44

### MS Word (PC & Mac)

This standard word processor will help get yourself back into the workforce or just upgrade your professional skills.  
**4465** Tues & Thurs Jan-9 - Jan-11 6:00-9:00pm 2/\$176

### MS Excel (PC & Mac)

This standard spreadsheet will help get yourself back into the workforce, keep track of your own investments and do business bookkeeping.  
**4464** Tues & Thurs Mar-12 - Mar-14 6:00-9:00pm 2/\$176

## Workshops

### Gardening 101

New to gardening? This introduction to vegetable gardening will give you the knowledge you need to get out there and start growing your very own food. Please note that the focus on this class is in-ground and raised-bed gardening (not balcony/patio gardening).

*Instructor: Laura Hawkes*

**4482** Thurs Feb-29 6:00-7:30pm 1/\$15

### Spring Gardening

Victoria is an ideal place to grow a spring vegetable garden before putting in the summer plants. This workshop will cover a number of plants that are ideal for spring planting and/or harvesting and will offer tips on how to maximize your spring harvest. Spring soil-building and maintenance will also be covered.

*Instructor: Laura Hawkes*

**4483** Thurs Mar-7 6:00-7:30pm 1/\$15



### Pysanky Workshop

Just in time for Easter! Come join a fun workshop to learn how to create traditional wax resist Ukrainian Easter Eggs. In the class you will complete one decorated egg, and gain the techniques needed to continue making many more awesome creations. All other supplies will be provided for use, by the instructor.

*Instructor: Fran James*

**4474** Sun Mar-10 - 10:00am-1:00pm 1/\$50



## FACILITY RENTALS

The James Bay Community School Centre is available for rentals of all sizes, occasions and budgets. Our rental spaces are listed on our website. For more information contact our Rental Coordinator 250-389-1470 or volunteer@jamesbaycentre.ca



# EARLY CHILDHOOD PROGRAMS



**Curious Cove Playschool**

Your little one can join us twice a week for story time, arts and crafts, nature experiences, gym time and many other fun activities where they can practice their independence while making new friends.  
Register in person or by phone.  
*Instructor: Jezlyn Cardinal*  
**4147** Sep-11 - Jun-27 9:00-11:30am T/Th - \$124/month  
Playschool is closed on stat holidays and school pro-d days

**PJ’s Piano for Preschoolers 3-5yrs**  
A creative class for parent and child. Children will learn to find notes and play a song by the end of the course. They will also be taught to read music, rhythm and compose their own songs. (a keyboard may be rented from PJ Music Studios 250-213-9343).

Materials fee of \$10 to be paid to the instructor at the first class (cash only)  
*Instructor: Sandra Grant*

**PJ’s Piano for Preschoolers 3-5yrs (group)**  
**4494** Sun Jan-21 - Mar-10 10:30-11:00am 7/\$155  
No class on Feb 18  
**4497** Tues Jan-16 - Mar-12 3:00-3:30pm 9/\$199

**PJ’s Piano for Preschoolers 3-5yrs (semi-private)**  
**4493** Sun Jan-21 - Mar-10 10:00-10:30am 7/\$172  
No class on Feb 18  
**4499** Tues Jan-16 - Mar-12 3:30-4:00pm 9/\$221

# KINDERGYM

\$3

PARENT & TOT KINDERGYM

FRIDAYS

9:30 - 11:00AM

CLOSED ON HOLIDAYS AND SCHOOL PRO-D DAYS

Friday mornings from 9:30-11:00am from Jan 12 to Mar 15

Closed on Jan 26 & Feb 16

Please note: if no one attends kindergym within the first 30 mins, we will shut it down for the day.

# CHILD & YOUTH PROGRAMS

## Art

**Teen Art Nights (13-17yrs) Drop-ins**  
Join us each week for an evening of art making using a variety of professional materials and supplies and with gentle direction from local artists Jessie Beauvilliers and Jenny Auld. An inclusive environment for quiet socializing and art exploration, participants will experience how art making can reduce anxiety and help build self-esteem.  
**No registration required.**  
*Instructor: Jessie Beauvilliers & Jenny Auld*  
**4511** Thurs Jan-11 - Mar-14 6:30-8:30pm \$5

**Cartooning & Illustration Winter Camp (6-12yrs)**  
Do you love drawing cartoons, creating characters, painting backgrounds? Drawing in 3D? Learn how to put it all together and create your own animation piece, from character to creation, through to clay models, storyboards, and animated product. Students will have a portfolio of work as well as a quick time video to take home at the end of the course.  
*Instructor: Daysi Tattersall-Maasanen*  
**4435** Tues-Fri Jan-2 - Jan-5 9:00am-3:00pm 4/\$288

**CARTOONING & ILLUSTRATION WINTER CAMP**

TUESDAY-FRIDAY JANUARY 2-5

9:00AM-3:00PM \$288

6-12 years

Register Online, In Person, or by Phone

www.jamesbaycentre.ca

250-389-1470

WITH DAYS!

KAPOW!

POW!

JAMES BAY Community School Centre

## Martial Arts

**Kids Karate Junior Youth (6-12yrs)**  
Wado style training and instruction. A challenging and fun program that emphasizes physical fitness, self-confidence, discipline and self-defense skills. This class is for beginners or kids with not much karate experience.  
*Instructor: WADO*  
**4502** Tues & Thurs Jan-9 - Mar-14 5:15-6:00pm 20/\$120

**Kids Karate Senior Youth (8-15yrs)**  
Wado style training and instruction. A challenging and fun program that emphasizes physical fitness, self-confidence, discipline and self-defense skills. This class is for youth who have some experience in a Martial Arts or have spent more than 6 months in the Wado Canada program.  
*Instructor: WADO*  
**4503** Tues & Thurs Jan-9 - Mar-14 6:00-6:50pm 20/\$120

## Music

**Beginner Guitar - Guitar Essentials for Kids! (8-13yrs)**  
Come learn guitar the fun way! In this 8 lesson course you will learn to comfortably hold, tune, and play your guitar. Throughout the course you will learn to play single note songs, strum chords, and read music from chord sheets and tablature. We will also introduce some basic music theory and notation ideas to help you better understand the language of music. No prior guitar or music skills required. Students must bring their own guitar.  
*Instructor: Jerry Lemon* *NOTE DAY CHANGE—WAS TUES, NOW MON*  
**4481** Mon Jan-15 - Mar-11 5:15-6:00pm 8/\$85 (No class Feb 19)

**After School Band Class (Grade 2 - Grade 5)**  
Calling all kiddos interested in music! Learn to play your favourite songs on the ukulele, drums, etc. in a fun and friendly environment. Form a band, design your own album art, and sing to your hearts content. Join Nick after school to learn what it takes to be in a band!Ukuleles and drums are provided. Must bring own guitar or keyboard. All instruments welcome!  
*Instructor: Nick Stecz*  
**4486** Wed Jan-17 - Mar-13 2:40-3:40pm 9/\$108

**PJ’s Piano for Kids 6-10yrs**  
A creative fun approach to learning about music and the keyboard while developing good technique, rhythm and basic note reading and composing skills. Each class is tailored to the needs of different age groups. (a keyboard may be rented from PJ Music Studios 250-213-9343). Materials fee of \$10 to be paid to the instructor at the first class (cash only).  
*Instructor: Sandra Grant*

**PJ’s Piano for Kids 6-10yrs (group)**  
**4498** Tues Jan-16 - Mar-12 5:00-5:30pm 9/\$199

**PJ’s Piano for Kids 6-10yrs (semi-private)**  
**4495** Sun Jan-21 - Mar-10 11:00-11:30am 7/\$172  
No class on Feb 18  
**4496** Sun Jan-21 - Mar-10 11:30am-12:00pm 7/\$172  
No class on Feb 18  
**4500** Tues Jan-16 - Mar-12 4:00-4:30pm 9/\$221  
**4501** Tues Jan-16 - Mar-12 4:30-5:00pm 9/\$221

**Baha’i Virtues for Children (6-9yrs)**  
Bahá’ís see the young as the most precious treasure a community can possess. In them are the promise and guarantee of the future. Bahá’í children’s classes are currently held at the neighbourhood level in countries around the world. They are valued by different Faith communities who wish to empower children to contribute to the creation of a peaceful world through exploration of the human family, diversity, equality, consultation, unity and love of the same God. The classes aim to help children acquire spiritual qualities such as love, truthfulness and generosity. Parents are invited to participate in any class activity: songs, art, stories, cooperative games, music and prayer and to join teachers in an introduction session prior to the start of classes. Please see this online link for further details <https://www.bahai.org/action/family-life-children/childrens-classes> or Google: baha’i children’s classes.  
*Instructor: James Bay Baha’i Community*  
**4507** Fri Jan-12 - Mar-15 3:00-4:00pm Free

## Dance

**Creative Dance (6-10yrs)**  
Experience high energy rhythm and dance with MoonDance Dynamic Arts School!  
Movements are influenced by Jazz, African, Indian and Latin rhythms. Dancers will also explore percussion and song while experimenting with their own movements.  
*Instructor: Nikko Snow* *NOTE 4488 was originally 5 classes, now 4*  
**4487** Thurs Jan-11 - Feb-8 2:45-3:25pm 5/\$55  
**4488** Thurs Feb-15 - Mar-14 2:45-3:25pm 4/\$44 (No class Feb 22)

**Four Week Confidence Building Program (8-10yrs)**  
BeaYOUtiful Foundation welcomes female + non-binary identifying children ages 8-10 to join our interactive four-week confidence and self-esteem building program. Work with empowering female leaders and mentors as we cover various topics including gratitude, self-love, positive body image, media literacy, goal-setting and more in a fun group setting! Whether you come with a friend or leave making new ones, we promise this is a girls group you will want to be a part of.  
*Instructor: BeaYOUtiful Foundation*  
**4512** Mon Feb-12 - Mar-11 6:15-7:45pm Free!  
No class Feb 19

**Youth GETAWAYS**

9-12YRS

JANUARY 12

JANUARY 26

FEBRUARY 2

FEBRUARY 9

FEBRUARY 23

MARCH 1

MARCH 8

\$12

REGISTRATION OPENS DEC 18 @ 9AM

REGISTER ONLINE, IN PERSON, OR BY PHONE

WWW.JAMESBAYCENTRE.CA 250-389-1470

Bea you tiful FOUNDATION

**Youth Getaways (9-12 yrs)**

Join us on Friday nights for fun activities, excursions and events. Activities include game nights, movie nights, art nights, and more! Register early as there are limited spots! \$12 each

**Registration opens**  
**Monday, December 18 @ 9:00am**

YG07	12-Jan-24	Indoor Sports Night
YG08	26-Jan-24	Window Wanderland Workshop
YG09	2-Feb-24	Esquimalt Pool
YG10	09-Feb-24	Window Wanderland Wander
YG11	23-Feb-24	Royals Hockey Night
YG12	1-Mar-24	Crocheting 101: Stuffies, bookmarks and trinkets!
YG13	8-Mar-24	Quazar's Arcade